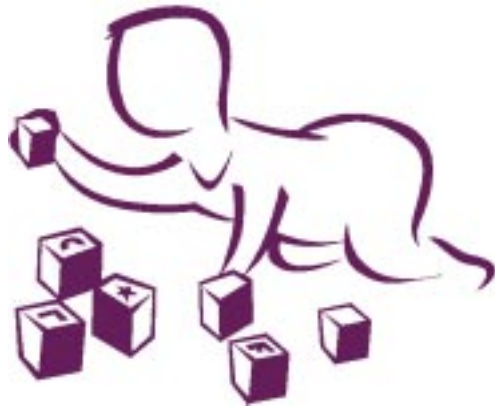




**Protect Your Family  
From Lead**

# WHAT IS LEAD POISONING?

Lead poisoning occurs when there is too much lead in the body. It is dangerous for children and may cause brain damage, kidney damage, loss of balance, and



speech, vision, and hearing problems. Children with lead in their blood may be cranky and overly active.

## WHERE DOES LEAD COME FROM?

- ♥ Old houses/apartment buildings  
(built before 1978)
- ♥ Lead-based paint chips
- ♥ Dirt
- ♥ Lead water pipes
- ♥ Pottery not fired properly
- ♥ Lead crystal
- ♥ Imported plastic and vinyl mini-blinds
- ♥ Imported jewelry

# PROTECT YOUR CHILD FROM LEAD

- ♥ Let cold tap water run for 30 to 60 seconds before collecting water for drinking, cooking, and making infant formula. (Hot water has more lead).
- ♥ Wash your hands and your child's hands before handling or eating foods.
- ♥ Wash fruits and vegetables before eating or cooking them.
- ♥ Never heat foods in cans.
- ♥ Never store food, infant formula or juice in opened cans.
- ♥ Do not store or serve food in improperly glazed pottery or lead crystal.
- ♥ Wash all bottles, pacifiers or foods that fall on the floor before giving them back to your child.
- ♥ Give your child three meals and some snacks each day. Lead cannot get into the blood as easily when your child has food in the stomach.
- ♥ Wash your child's toys often.



# YOU CAN HELP

Offer more foods that have lots of calcium, iron, and vitamin C that will help keep lead out of your child's body.

## CALCIUM FOODS

Milk  
Cheese  
Yogurt  
Dark Greens

## IRON FOODS

Lean meats  
Liver  
WIC cereals  
Dried peas  
Dried beans  
Dark greens  
Blackstrap molasses

## VITAMIN C FOODS

Orange or juice  
Grapefruit or juice  
Guava or juice  
Cantaloupe  
Broccoli  
Green pepper  
Dark greens  
Tomato or juice  
Strawberries  
Potatoes

## AVOID HIGH FAT FOODS

High fat foods let lead get into the blood more easily. Use no more than one fried food a day.

Limit:

Bacon	Candy
Cakes	French fries
Cookies	



Tennessee Department of Health  
Authorization No. 343343  
No. of Copies 30000  
This document was promulgated  
at a cost of \$.04 a copy. 01/01  
DH-0076



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.